



News Release

Office of Councilmember Rose Herrera

For Immediate Release:

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Councilmember Rose Herrera Hosts the 6th Annual Senior Health Fair & Walk

SAN JOSE, CA – Councilmember Rose Herrera will host the 6th Annual Free Senior Health Fair & Walk on Saturday, May 17, 2014 from 8:30 a.m. – 11:30 a.m. at Eastridge Mall, 2200 Eastridge Loop, San Jose (Entrance C by Barnes).

“Mall walking is a great way for seniors in our community to gain access to safe, free exercise,” states Councilmember Rose Herrera, “Our Senior Health Fair and Walk introduces hundreds of seniors to this positive activity as well as connects them to invaluable health resources – this year including a free CPR learning station!”

The day will start with a complimentary breakfast from FrescoWorld Market and Walmart Neighborhood Market. Then, East Valley Family YMCA’s Zumba instructor, David Monarrez and his team will be leading a group exercise portion of the program followed by warm up stretches led by East Valley Family YMCA’s health instructors.

After the warm-up, participants will walk the mall, stopping at exercise stations along the route. Participants will then be encouraged to dance during “Rose’s Dance Party” followed by raffle giveaways. This event is an introduction to an ongoing routine of mall walking where seniors can come early to Eastridge, year-round, and enjoy the safety of even surfaces and controlled temperatures along with the camaraderie of others who enjoy this form of exercise. Eastridge Mall is open to walkers all year long at 6:00 a.m., seven days a week.

Along with encouraging seniors to walk their way to wellness, attendees will have the opportunity to meet over 35 organizations that will be on hand to share resources specific to the needs of seniors. From health, insurance, housing and transportation resources to healthy living and exercising empowerment. Event sponsors include the City of San José, Eastridge Mall,

Fresco World Market, Kaiser Permanente, Walmart, East Valley Family YMCA and El Observador.

Over three hundred active seniors attended this event last year and this year's attendance is expected to reach that and more!

About Councilmember Rose Herrera

Councilmember Rose Herrera represents District 8 in the City of San José. Councilmember Herrera currently Chairs the Community and Economic Development Committee, the VTA Audit Committee, Vice Chair of the Transportation and Environment Committee, a member of the Mayor's Gang Task Force, the Santa Clara County Transportation Advisory Board, CalTrain Joint Powers Board, is a voting delegate to the League of California Cities and the Founder and President of the League of California Cities' Women's Caucus. Councilmember Herrera has been recognized by Silicon Valley Business Journal as a one of the "Women of Influence for 2012." For more information go to: <http://www.sanjoseca.gov/district8/>.

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